

# Eastern Arizona Amateur Radio Society

EST. 1974

[www.eaars.com](http://www.eaars.com)

INC.

[facebook.com/groups/eaars](https://facebook.com/groups/eaars)

Club Address: EAARS, PO Box 398, Solomon, AZ 85551



May, 2022

## JOIN EAARS on Facebook

EAARS has a presence on Facebook and you are invited to **JOIN** the page. This is a great media to quickly share news, photos and events that are EAARS related or might be interesting to the members. If you utilize "Notifications" on the EAARS Facebook page, you can receive club updates AS THEY HAPPEN.

To reach the page, please visit **facebook.com/groups/eaars** and **JOIN** the page. You must have a Facebook account to be part of the EAARS group.



LIKE US ON

**facebook**

## EAARS Open Repeaters

PL 141.3 unless noted otherwise

Echolink: 614350 IRLP: 7787

**Heliograph Peak at Safford, AZ:**

146.860, 440.700 Linked

146.900, 447.8250 Not Linked

**Jacks Peak at Silver City, NM:**

145.210 Linked

**West Peak at Ft Thomas, AZ:**

145.350 Access to link to network

**Pinal Peak at Globe, AZ:**

145.410 Linked

**South Mt at Alpine, AZ:**

145.270 Linked

**Caballo Mt at TorC, NM:**

145.470 Linked

**Greens Peak at Show Low, AZ**

146.700 Linked

**Little Florida at Deming, NM:**

147.060 Linked

**Mule Mt at Bisbee, AZ:**

147.080 Linked

**Mt Lemmon at Tucson, AZ**

147.160 Linked

**Guthrie Peak at Clifton, AZ:**

147.280 Linked

**Downtown at Tucson, AZ**

147.28 Output

146.26 Input, PL 127.3

# Gals on the Air!

EST. June 2015

Calling all Gals of any class ... Join us every Monday night for the  
**Gals Night Net @ 7:30 pm (AZ) on the EAARS system!**

[Facebook.com/groups/galsnightnet](https://www.facebook.com/groups/galsnightnet)

## Upcoming Events

*Would You like to see your event posted for the membership to see?  
Email your information to [emberfire@cox.net](mailto:emberfire@cox.net).*

### 2022

CARA Hamfest in Sierra Vista - - - - -	5/7
7QP - - - - -	5/7 - 8
Prescott Hamfest - Yavapai Amateur Radio Club - -	5/14

*Clubs, send me the events you would  
like shown here for 2022.*

### WEEKLY EAARS' NETS

#### *Every day:*

Down Under Net - 4:15 am  
Weather Net - 5:30 am  
NTS Traffic Net - 6:30 pm

*All times are noted on Arizona  
time.*

#### *Sunday:*

EAARS Net - 7:00 pm

#### *Monday:*

Gals Night Net - 7:30 pm

#### *Wednesday:*

Skywarn Net - During Monsoon, Every Wednesday at 7:30 pm,  
Off Season, every third Wednesday of month at 7:30 pm

#### *Saturday:*

ERC (Emergency Response Communications) Net - 8:45 am, 2nd  
Saturday of the month (20-25 min duration)

# EAARS Officers and Staff

## Board Officers

President  
Vice President  
Secretary/Treasurer

Dan Quaintance  
Joe Montierth  
Larry Griggs

AF7EF  
K7JEM  
N5BG

## Staff

Site Trustee  
Net Manager  
Newsletter Editor

Joe Montierth  
Chris Buchanan  
Angie Buchanan

K7JEM  
N7JND  
N7EMB

## Net Control Operators

Rick W8YBM  
Larry KG7VLN  
Angie N7EMB  
Chris N7JND

1st Sunday  
2nd Sunday  
3rd Sunday  
4th Sunday

## ARRL RADIO CONTESTS

*No May Noted!*

For details on all ARRL contests and for non-ARRL contests,  
visit <http://www.arrl.org/contest-calendar>

## New EAARS Members!

Greg KJ7OJX



# **Some New Rules Going into Effect this Year for ARRL Field Day**

**(June 25 – 26)**

**Article courtesy of Andrew – W7SVT**

**Copied from the CARA Website with permission From W7SVT**

After taking a few detours over the past couple of years due to the COVID-19 pandemic, ARRL Field Day rules are being updated on a permanent basis starting this summer. ARRL conducted a Field Day community survey with invitations propagated far and wide, and direct emails sent to more than 15,000 individuals and ARRL-affiliated clubs. After sorting through, reviewing, and discussing the survey results, the ARRL Programs and Services Committee recommended a number of rule changes for ARRL Field Day, which will take place this year over the June 25 – 26 weekend.

Starting this year, the maximum PEP output for a transmitter used by anyone submitting a Field Day log will be 100 W. The power multiplier of 2 will remain in place, and the high-power category will be removed from the rules. Until this year, the maximum low-power limit had been 150 W for most ARRL-sponsored operating events. The power multiplier will remain at 5 for QRP participants running a maximum of 5 W or less. As previously announced, 100 W is now the low-power category limit for all ARRL and IARU HF Contests, effective January 1, 2022.

A couple of changes instituted initially as accommodations for the COVID-19 pandemic will remain. Class D (Home) stations will continue to be able to earn points for contacts with other Class D stations. The club aggregate scoring change initiated in 2020 as a temporary measure will become part of the permanent rules. In the aggregate scoring plan, the scores of individual stations are combined under the score of a single club.

Another change, involving Rule 7.3.2 Media Publicity, has been modified. Rules to date have offered 100 bonus points for attempting to obtain publicity and demonstrating same. With the ease of posting via Facebook, Twitter, Instagram, and various other media websites, Field Day participants will now be required to obtain publicity, not just try to do so. Any combination of bona fide media hits would qualify for the bonus points. For example, posting the details of your upcoming or ongoing Field Day activity, or your Field Day results, on a club or news media site, on Facebook, or via Twitter and Instagram would meet the bonus criteria. Photos and videos are encouraged as part of media posts.

# A Little History On The Gals Night Net

Submitted by N7JND

## ***N7EMB - Your Net Control Operator of the Gals Night Net and Your EAARS Newsletter Editor***

Approximately 8 years ago, my wife, N7EMB, had a thought about wanting to get more and more women on the air. As she was thinking about how she could do this, a weekly net popped into her mind and the Gal's Night Net was started.

First, let me give you a little history on my wife, N7EMB. She was licensed as a Technician in 2006 when she refused to be known as "Third Party Traffic". She then bought a raffle ticket at the Hamfest she took her test at and WON the grand prize HF radio. She went thru the ranks and then earned her EXTRA CLASS ticket in 2016 ten years later. I, as her husband, never ever pushed her to get licensed. I never forced things like resistors, transistors or vacuum tubes on her. I wanted to make the hobby of Ham Radio fun for her (which is the key guys) and that's exactly what I did. Instead of constantly talking about electronic components and all that boring stuff, she wanted to figure out how to incorporate radio communications into the charities she supports. THAT became her interest in the hobby. And till this day, she heads up major events around the Tucson area and built up an excellent core team of her closest Ham Radio friends. Many of this core team (The Chosen Few) still works with her today. She encourages all Hams to become part of the Chosen Few.

Since N7EMB enjoys talking on the radio, she wanted other licensed female Hams to get on the air, too. And what better way, than to create a weekly net just for the ladies. So, every Monday evening at 7:30 pm, Arizona time, on the EAARS repeater system, the "Gals Night Net" takes to the airways. This net has now crossed over the 7 year mark and continues to go strong every week. This is an excellent way to get seasoned and newly licensed female Hams that may be a little shy, on the air without the pressure of electronic talk, how radios work, etc... (unless they want to). She just wants more women on the air and to become active in the hobby.

In 2020, she was named the Amateur Radio Council of Arizona's (ARCA) Ham of the Year for everything she has done for Ham Radio including all her communications work for charities, Gal's Night Net and Newsletter Editor for EAARS. A plaque she proudly displays on the wall. A Job well done!

## **EAARS WEBSITE and FACEBOOK PAGES ARE GOING STRONG**

As many clubs and organizations are migrating from websites to dedicated Facebook pages, the EAARS group continues to support the best of both worlds. The EAARS web page continues to be a great resource to learn about the EAARS system and its history.

Membership information and application can be found on the website along with copies of previous newsletters and photos. There are sections for Club News, Nets, Guidelines, Streaming Audio Link and so much more.

If you haven't checked out the website lately, you are encouraged to do so. The website makes it very easy to pay your yearly dues through PayPal. You DO NOT need a PayPal account to use PayPal. It also allows you to enter your credit/debit card information within the PayPal screen.

The EAARS Facebook page is growing stronger by the day. As of this writing, we have 292 Hams in the EAARS Facebook group. You do not have to be an EAARS member to join the group. But you MUST be a licensed Ham to join. All 292 Facebook members, are licensed Hams. For that reason, the EAARS Facebook page, is a PRIVATE group and does require proof of licensing to become a member.

What can be done on the EAARS Facebook page? Here you can instantly start conversations on Ham Radio in general just by simply posting a message. You can list items for sale. You can view the many photos in the photo section. The Files section allows you to download many articles including a map of the EAARS system. Many Ham Radio Events such as upcoming Hamfests, are listed and you are notified when Events take place. The latest EAARS Newsletter can always be found here. Older copies are available on the website).

Keep up with what's happening with EAARS thru the website and the Facebook page. Here are the links...

[www.eaars.com](http://www.eaars.com)

[www.facebook.com/groups/eaars](http://www.facebook.com/groups/eaars)

# Saturday

## May 28

### MVRC Swapmeet/Tailgate

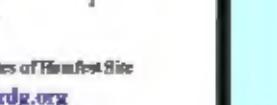
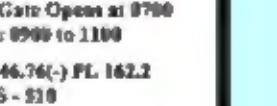
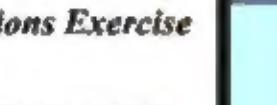
<https://www.n6bl.org/>  
6609 Jefferson Ave

7AM to 12 PM

VE Testing 10AM

Free Admission and Setup

Coffee and Donuts sale



#### The Cochise Amateur Radio Association



2756 S Moon Rd, Sierra Vista, Arizona 85630

Presents The

#### *Cochise Hamfest and 7<sup>th</sup> Area Phone/CW/Digital Communications Exercise*

Saturday, May 7th, 2022

FREE PARKING AND ADMISSION: Hamfest Gate Open at 0700  
AMATEUR RADIO LICENSE TESTING: 0900 to 1100

PRIZE DRAWING @ 1200 NOON TALK IN: 146.76(-) PL 162.2  
TAILGATING - \$5, INSIDE TABLES - \$10



First Prize: Icom IC-7100 Base Station  
Second Prize: Yaesu FT-270R FT  
Third Prize: Yaesu FT-270R FT  
Fourth Prize: Thorens N-770 Dual Band Fold-Over Antennas

Local Sierra Vista Accommodations and Camping within 15 minutes of Hamfest Site

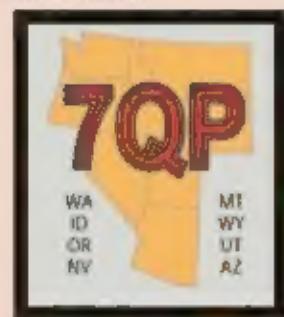
VISIT US ON THE WEB AT <http://www.k7rdg.org>

For More Info Contact: K7RDG/7RD - CW/MCNA7RD@gmail.com

See You There!!!

Announcing the 7th Call Area QSO Party (7QP) will take place on May 7-8th 2022 starting at 1300 UTC (6:00A MST) on Saturday the 7th. The 7QP is an amateur radio contest, held annually on the first Saturday in May by the Central Oregon DX Club. The stations of the US 7th call area (Arizona, Idaho, Montana, Nevada, Oregon, Utah, Washington, Wyoming) become "the pursued", and the rest of the US, Canada, and the world tries to work as many of us, on as many bands/modes as possible, over the 18-hour period. For the organizers of 7QP, a key objective is to get as many of the state's counties (15 Arizona counties) activated for at least some of the contest by promoting serious "roving" mobile operation and county-line stations, and the casual-operator at fixed stations in under-populated counties. Why not consider turning a camping trip into a ham expedition? There are many entry categories (more than most other contests) so there is something for everyone. Working this contest is far more rewarding from that remote location than an otherwise normal contest weekend at home. At this time, counties such as Cochise, Gila, Graham, La Paz and Navajo are still in need of activity and often soft in participation so they should be considered. Visit <http://7qp.org/new/Page.asp?Content=start> for rules and complete description and information. Additionally, folks can announce their planned operation by sending an email to [7qpops@codxc.org](mailto:7qpops@codxc.org)

73,  
Andy Smith, KK7AC  
Arizona Lieutenant, 7th Call Area QSO Party  
[kk7ac@hotmail.com](mailto:kk7ac@hotmail.com)



A promotional graphic for the EAARS Weather Net. It features a dark background with a colorful sunset or sunrise image on the left. The text "Up and at 'em !!!" is at the top, followed by "with the" and "Made it through the Night Gang Weather Net". Below that, it says "0530 Mountain Standard Time Daily" and "on the EAARS Repeater System". It also mentions "Weather and Conversation". A small EAARS logo is in the top right. At the bottom, it says "Get a handle on the local weather from your fellow HAM operators around the EAARS coverage area and get to know them better." and lists "W7GSP - Steve Net Control" and "K1VM/N7CDW Keith/Carrie Weather Recorders". There is also a small image of a weather station antenna on the right.

# Other Club Stuff

**From Diane AA3OF: RST VE Testing will be held at Immanuel Presbyterian Church, Witherspoon Hall, 9252 E 22nd St, at 7pm.**

<b>2022</b>	<b>May 9</b>	<b>Sep 12</b>
	<b>Jun 13</b>	<b>Oct 10</b>
	<b>Jul 11</b>	<b>Nov 14</b>
	<b>Aug 8</b>	<b>Dec 12</b>

**Anthony K7AER And Jerry K7ZDD are officially Accredited and Registered with ARRL. Starting January 28, 2022 at 6:00 pm. Ham Radio testing will be held at the Vernon Libraray, Vernon Teaching Testing Center, 26 County Road 3142, Vernon, AZ. After that every 2 months on the last Friday of the month thereafter. Walk-ins are welcome. Ham Radio Testing will be held for Technician, General and Amature Extra.**

**If you live in the Graham or Greenlee County and are interested in a VE Testing Session, please feel free to contact Dan Quaintance AF7EF, (928) 235-1152.**

**Do you have any club news to share? It can be posted on this page. Send your info to Angie - [emberfire@cox.net](mailto:emberfire@cox.net).**



# Cooking up Some Magic



# Egg Muffins

*This egg muffins recipe makes the ideal healthy breakfast, lunch, or snack! Bake eggs in muffin tin cups, then refrigerate for quick meals.*



Here's a customizable make-ahead recipe that works for healthy breakfast, lunch and snack: Egg Muffins! Bake up scrambled eggs in muffin tin cups with healthy veggies, then refrigerate them for meals all week! This works as a grab-and-go breakfast, and it's perfect for kid lunch boxes. We also find ourselves sneaking them out of the refrigerator for a quick snack. The filling is packed with good stuff: loads of spinach, cottage cheese for healthy protein, and jarred red pepper. They're easy to whip up and so full of flavor!

## Ingredients

**Eggs**

Oregano, garlic powder, salt and pepper

Frozen spinach: don't substitute fresh; frozen spinach has a specific texture you'll want here.

Cottage cheese: bold, savory flavor and velvety texture and adds protein

### Parmesan cheese

Jarred roasted red peppers: substitute sundried tomatoes if desired

### Bake it up in muffin cups

This egg muffins recipe is simple: whisk up the eggs, add the cheese and veggies, and bake it up! Head to the recipe below. But here are a few notes on the baking process:

**Important:** squeeze out as much water as possible from the spinach! The spinach should feel like dry crumbles when you are done. This makes sure the egg muffins will hold together when baking and won't be too watery.

Spray or grease the muffin tin well. You'll want to be able to pop the egg muffins right out after baking!

Bake until puffed and golden, 22 to 24 minutes. They'll deflate a bit after you let them cool: that's expected!

*kiss the*  
**COOK**